

## 2010 – 2011 ESE Parent Education Workshops July 2010 – December 2010

To register, contact FDLRS Parent Services  
at 754-321-2211 or  
Kimberly DiLuzio, FDLRS Child Find/Parent Services Specialist at  
[kimberly.diluzio@browardschools.com](mailto:kimberly.diluzio@browardschools.com)  
ESE Parent Workshop Information is available on the ESE website  
<http://www.broward.k12.fl.us/studentsupport/ese/html/WORKSHOP.htm>

To sign up for ESE e-News announcements sent directly to your Email inbox, go to  
<http://www.broward.k12.fl.us/studentsupport/ese/>.  
Click on the link for e-News at the bottom right-hand side of the page.  
After you register you will receive an Email confirmation. You **MUST** click the link in that  
confirmation Email in order to complete your registration.

Este documento se encuentra disponible en Español. Para obtener una copia, por favor llamar por teléfono al 754-321-2211.  
Dokiman-sa-a disponib an Kreyòl. Si ou bezwen yon kopi, pa jennen rele (754) 321-2211.  
Este documento encontra-se disponível em Português. Para obter uma cópia favor telefonar para 754-321-2211.

### All workshops are for adults only. No childcare is provided.

#### RESPITE SERVICES (in-home support for parents)

Parents may use respite services to **attend a parent workshop**, conferences, support group, and/or any activities that provide needed alone time or time with other family members. Families of students with disabilities who receive respite services have the opportunity to get a much-needed break to relax, refresh and renew themselves. Respite services can be received in your home for up to 120 hours a year. Broward Children's Center also provides extended stay services at their facility.

**Eligibility:** Children who are eligible for respite services must be diagnosed with a physical disability or developmental disability (i.e. Autism, Prader-Willi, Spina Bifida, Intellectual Disability, Cerebral Palsy). United Cerebral Palsy also provides services to children with special needs who have additional medical needs (auditory and visual impairments, seizures, breathing and swallowing challenges, diabetes and cardiac conditions, etc.). Children (birth-age 17) must be residents of Broward County and may receive services through age 21, if enrolled in an educational program.

**Cost:** Respite services are funded through a grant; however, a minimal sliding fee is required. In order to access these respite services, eligible families must reside in Broward County and cannot be utilizing any other respite services or receive Med Waiver funding.

**Funding:** Services are provided by various non-profit community agencies and funded in partnership with the Children's Services Administration Division.

**To apply for respite care services, contact :**  
Linda Sachs, LCSW with Broward Children's Center at (954) 941-1228 ext. 112; or  
Arlene Cohen with United Cerebral Palsy of Broward, Inc. at (954) 315-4078

1 <sup>st</sup> Semester	Topic/Presenter	Location
<b>September</b>		
<b>*Saturday*</b> <b>September 11, 2010</b> <b>(9:00 am – 3:00 pm)</b>	<b>Getting to FAPE: Advocacy Tips Under Laws Designed to Protect Students with Disabilities</b> This seminar will address common parent concerns for their students with disabilities under IDEA, 504, Americans with Disabilities, Florida's Constitution, the Florida Educational Equity Law, FERPA, and other laws <b>Presenter: Rosemary N. Palmer, Attorney-At-Law, Tallahassee, FL</b>	TBD
<b>October</b>		
<b>*Saturday*</b> <b>October 9, 2010</b> <b>(9:00 am – 3:00 pm)</b>	<b>Creative Relaxation for Busy Parents</b> In this seminar you will learn: <ul style="list-style-type: none"> <li>• The relationship between stress and performance</li> </ul>	TBD

	<ul style="list-style-type: none"> <li>• Fitness from the seat—at home, in the car, at work</li> <li>• Simple self and partner massage for the face, neck, and upper back</li> <li>• Breathing techniques for self-calming</li> <li>• Bedtime relaxation techniques for yourself and your children</li> </ul> <p><b>Presenter: Michelle Fury, Registered Yoga Teacher, Aurora, CO</b></p>	
<p><b>*Monday*</b>  <b>October 11, 2010</b>  <b>(9:00 am – 12:00 pm)</b></p>	<p><b>Improving Parent-Child Communication</b>  Participants in this workshop will be led through a series of intellectual and role-playing exercises and small group decisions that seek to identify common barriers to parent-child communication and develop skills to overcome them.</p> <p><b>Presenter: T. Atilla Ceranoglu, MD</b>  <b>Harvard University, Boston, MA</b></p>	TBD
<p><b>*Saturday*</b>  <b>October 16, 2010</b>  <b>(9:00 am – 3:00 pm)</b></p>	<p><b>Taming the Spirited Child</b></p> <ul style="list-style-type: none"> <li>▪ What is a spirited child and do you have one?</li> <li>▪ Sea biscuit rides again: the upside of spirited children</li> <li>▪ Five traits of a spirited child</li> <li>▪ The eight-sided taming ring: Helping your spirited child use his gifts positively</li> </ul> <p><b>Presenter: Michael H. Popkin, Ph.D., Founder,</b>  <b>Active Parenting Publishers</b></p>	TBD
<p><b>*Saturday*</b>  <b>October 23, 2010</b>  <b>(9:00 am – 3:00 pm)</b></p>	<p><b>101 Strategies to Help Struggling Students Succeed</b>  Do you have a child who is disorganized? Is homework a problem? Does your child need help with study skills? Does your child struggle in reading and math? Is school a challenge every day?  Are you looking for strategies, tips, tools and techniques that will help your child succeed in school? This full day session is packed with ideas! Specific strategies will help your child get organized, be accountable for results, work independently and compensate for difficulties. Study skills and homework strategies will help your child become a more confident learner. This practical session includes some hands-on examples that we will make on the spot. These are the “nuts and bolts” ideas that you will take back and use immediately!</p> <p><b>Presenter: Linda Tilton, Shorewood, MN</b></p>	TBD
<b>November</b>		
<p><b>*Saturday*</b>  <b>November 6, 2010</b>  <b>(9:00 am – 3:00 pm)</b></p>	<p><b>Brain Gym® for Parents</b>  Brain Gym® is a series of 26 movements that can dramatically improve areas such as concentration and focus, memory, academics and test taking, physical coordination, relationships, self-responsibility, organization, and attitude. Brain Gym® is used by people of all ages for a wide variety of self-improvement goals. This workshop will give parents the background they need to utilize these movements with their children at home. Students can then implement these movements whenever the need arises. Brain Gym® promotes play and incorporates the joy of learning while drawing out and honoring the innate intelligence of each individual. Other goals of the program include building awareness of the importance of movement in daily life, empowering the individual to take charge of his own learning, and leaving each participant feeling valued and appreciated.</p> <p><b>Presenter: Kimberly Johnson, BrainBodyBond, Hollywood, FL</b></p>	TBD
<p><b>*Saturday*</b>  <b>November 20, 2010</b>  <b>(9:00 am – 3:00 pm)</b></p>	<p><b>Cap It Off with a Smile: A Guide for Making Friends (Social Skills)</b>  This workshop will focus on the book “<i>Cap It Off with a Smile: A Guide for Making Friends</i>,” by Dr. Robin Inwald (Hilson Press). Participants will be introduced to a comprehensive social skills development program using this book as a focus. Original music that accompanies the story will be included and parents will learn techniques, skits and games they can show their children while helping them learn to make friends. Stacy Feldman &amp; Stephanie Inwald will lead this workshop along with 2005 GRAMMY Award winning producer, Barry Goldstein, who will provide his original music &amp; rejuvenation techniques for parents. Participants will receive copies of the “CAP It Off with a Smile” book and its accompanying music CD that can be used to enhance their children’s social skills.</p>	TBD

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<b>December</b>		
<p><b>*Saturday*</b>  <b>December 4, 2010</b>  <b>(9:00 am – 3:00 pm)</b></p>	<p><b>Transitions</b>  Life is filled with many transitions. For our children with disabilities these can present as a huge obstacle. But there are ways to prepare our kids, and prepare the next environment to receive them, so that a transition can be something to look forward to instead of something we’d rather run from. This training will encompass a variety of transitions:</p>	TBD

**\* Denotes “Weekend with the Experts” series**

<b>About the Presenters:</b>
<p><b>T. Atilla Ceranoglu</b> is regarded an expert in child development and parent child communication. He has been both selected and invited to present his work in several local, national and international academic settings. He is being quoted in many articles and blogs; he is recently scheduled to appear on a local TV channel where he shares his knowledge on adolescent development. A major Turkish newspaper recently contacted Dr. Ceranoglu to feature an educational column where he will focus on these areas, as well. He is married with two boys, 4 and 2 years old.</p>
<p><b>Stacy Feldman</b> is an educational technology and professional development specialist. She earned her M.A. in political science at the Eagleton Institute of Politics, Rutgers University, focusing on educational policy. She has conducted workshops and provided customized development programs to individual teachers, departments &amp; schools, specializing in project-based learning.</p>
<p><b>Michelle Fury</b> is a Registered Yoga Teacher (RYT) through the Yoga Alliance, and a Yoga Therapist at The Children’s Hospital in Aurora, CO. She received her masters in Contemplative Psychotherapy at Naropa University in Boulder, CO. At Children’s, she offers pain and stress relief through yoga and mindfulness practices to kids and teens with medical illnesses, eating disorders, other psychiatric issues, and autistic spectrum disorders. Michelle’s goal is to provide support to kids of all ages in developing strong bodies, sharp minds, and resiliency.</p>
<p><b>Barry Goldstein</b>, a 2005 GRAMMY Award-winning producer, is the composer of the widely-used relaxation music series, <i>Ambiology</i>. In this workshop, he will provide relaxation and rejuvenation techniques that allow parents to better cope with the many challenges of raising children, including helping them to use appropriate social skills.</p>
<p><b>Stacey Hoaglund</b> is a parent of a 14-year-old son with Autism. It was his diagnosis that led her to a position with the Family Network on Disabilities more than 9 years ago. She has been actively involved through committee positions with several local and state organizations related to persons with disabilities. Some of those organizations include: Autism Society of America Broward Chapter, Autism Society of Florida, Exceptional Student Education Advisory Committee, School Advisory Forum, Children’s Services Council Special Needs subcommittees, and 211 First Call for Help Special Needs Advisory. Stacey has been fortunate to meet many young and passionate families through her facilitation of SPEC (Support for Parents of Exceptional Children). Through her affiliation with various support organizations, she has been able to assist parents in becoming their child’s best advocate.</p>
<p><b>Stephanie Inwald</b> currently is a doctoral student in the field of Occupational Therapy at the University of Illinois-Chicago. A graduate of Cornell University, she has worked with children for the past five summers at Paul Newman’s Hole in the Woods, a camp for children with serious/terminal illnesses.</p>
<p><b>Kimberly Johnson</b> has been an educator for the past 23 years and was Nationally Board Certified in 1998 and 2007. As a licensed Brain Gym® instructor and consultant, Kimberly has been successfully using Brain Gym in the classroom for several years. The mother of two exceptional education children, Kimberly has tutored ESE students privately and assisted their parents in dealing with school issues. She has also worked with home school parents and students, their curriculum and yearly assessments.</p>
<p><b>Rosemary N. Palmer</b> practices civil rights and special education law in Florida’s panhandle and consults with parents across the nation. Her interest in the field was ignited by her early services as a guardian ad litem, and the struggles of her foster and adopted children in three states. Because she has also been executive director of an independent government entity, Ms. Palmer is also familiar</p>

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**Michael H. Popkin**, is one of the nation's foremost experts on parent education. A former child and family therapist, Dr. Popkin has written more than twenty books, including seven best-selling video-based discussion programs. Dr. Popkin's experience as an expert in the field of parent education includes serving on the panel "Parenting as Prevention" for the US Government Office of Substance Abuse Prevention. Dr. Popkin received his Ph.D. in Counseling Psychology from Georgia State University.

**Linda Tilton** is a parent, teacher and author. She has over 30 years experience in the field of education. She has taught both general



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